

Ellendale, North Dakota



Compiled by the

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OF THE
EVANGELICAL UNITED BRETHREN CHURCH

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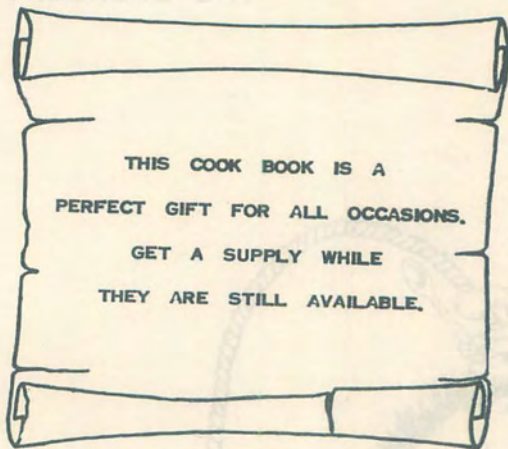
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HORS
D'OEUVRES

PICKLES



RELISHES



BEAUTY HINTS

BY JULIAN

TIPS FOR THE STOUT WOMAN

AVOID DAINTY AND SPINDLY CHAIRS AND FURNITURE WHICH SERVE TO ACCENTUATE YOUR BIGNESS.

HATS WITH WIDE AND SLANTING BRIMS ARE USUALLY BEST.

WEAR GLOVES WHICH MATCH THE SLEEVES IN COLOR.

AVOID SHOES WITH HEELS TOO HIGH, AND SLENDER AND DARK COLORED SHOES ARE USUALLY BETTER THAN LIGHT ONES.

USE FINE TEXTURED STOCKINGS AS DARK AS THE CURRENT FASHION ALLOWS.

USE A MEDIUM SIZE HANDBAG PREFERABLY SQUARE OR RECTANGULAR. TOO SMALL A BAG EMPHASIZES YOUR STOUTNESS AND TOO LARGE A BAG MAY LOOK TOO BULKY.

IF YOU CARRY AN UMBRELLA USE A LONG SLENDER ONE.

ALWAYS SELECT DRESSES WITH LONG STRAIGHT LINES WHICH MAKE YOU APPEAR SLIMMER. WEAR SKIRTS AND DRESSES AS LONG AS THE FASHION WILL ALLOW.

TIPS FOR THE TALL WOMAN

NEVER MAKE THE MISTAKE OF TRYING TO WALK OR STAND IN A SLOUCHED OR BENT OVER POSITION IN AN EFFORT TO MINIMIZE YOUR HEIGHT.

ALWAYS WEAR YOUR HAIR AS FLAT AS IT CAN BE MADE ON TOP.

WEAR HATS WITH SHALLOW CROWNS AND LARGE DROOPY BRIMS. HAT TRIMMINGS SHOULD BE HORIZONTAL.

GLOVES SHOULD BE OF A DIFFERENT COLOR THAN THE SLEEVES AND THE SAME APPLIES TO HOSIERY.

WEAR LOW HEELS EXCEPT WITH FORMAL CLOTHES.

HANDBAGS SHOULD BE LARGE AND OF A CONTRASTING COLOR.

LONG HAIRE FURS ARE VERY SUITABLE.

AVOID PLAIN STRAIGHT DRESSES. CONTRASTING BANDS IN BLOUSE AND SKIRT ARE GOOD. IF THE DRESS IS ALL OF ONE COLOR SET OFF WITH A BROAD BELT OF A CONTRASTING COLOR.

HORS D'OEUVRES, PICKLES, RELISHES

SWEET FRENCH DRESSING

1 c. oil
1/4 c. vinegar
1/2 c. sugar
3/4 tsp. salt
1 tsp. paprika

Mrs. Jacob Wells
(Alma Hartman)
Hillsboro, Ore.

1 tsp. prepared mustard
1/2 tsp. celery seed
1 tsp. onion juice

QUICK SALAD DRESSING

1/2 c. cream
1/4 tsp. salt

Mrs. Reiny Bollinger

1 Tbsp. sugar
1 tsp. mustard

Whip the 1/2 cup of cream, which will almost make a full cup when whipped, then add your salt, sugar and mustard. This is a very good dressing for potato or vegetable salad. Cream may be added if this is too strong.

GREEN TOMATO PICKLES

Mrs. G. H. Broker
Oakes, N. Dak.

Slice about 1 gal. green tomatoes.

Sprinkle about 1/2 c. salt on and let stand overnight. Drain and put on stove with 1 part sugar, 1 part vinegar, and 1 part water; several sticks cinnamon. Have enough liquid so the tomatoes can cook slowly for an hour. Seal in jars.

VERY GOOD RELISH

Mrs. Delbert Merkel

1 qt. cabbage
1 qt. unpeeled apples
1 qt. red and green peppers
1 qt. green tomatoes

1 qt. onions
1 qt. vinegar
1 qt. sugar
1 Tbsp. mustard seed
1 Tbsp. celery seed

Grind tomatoes separately and sprinkle salt on them, leave until all other fruits and vegetables are prepared and ground. Pour off as much liquid as possible from the tomatoes and other vegetables. Bring to boil in sugar and vinegar solution and seal. Good with roast pork.

CORN RELISH

Mrs. J. Allen Morgan

10 c. corn
1/2 gal. vinegar
3 c. sugar

10 c. cabbage, chopped
fine
4 Tbsp. white mustard seed
-1- Ellendale, N. Dak.

CORN RELISH (Continued)

3 Tbsp. salt

2 Tbsp. celery seed

2 green peppers, chopped

Mix. Cook 1/2 hour; seal in sterile jars.

DILL PICKLES

Mrs. Otto Schlauch

Monango, N. Dak.

For a 1/2 gal. jar put dill in the bottom of the jar and 1 small tooth of garlic. Fill it with pickles. Add 1 more tooth of garlic and 1/4 tsp. of red pepper; dill on top, 2 Tbsp. salt into 4 c. water. Pour water into jar and seal.

Write Extra Recipes Here:



SOUPS

SALADS



VEGETABLES



BEAUTY HINTS

BY JULIAN

REMOVAL OF FRECKLES

IN THE FIRST PLACE THERE WILL BE LESS NEED TO REMOVE FRECKLES IF CARE IS TAKEN TO KEEP THE FACE WELL SHADED WHEN IN THE SUN. A HARMLESS AND EFFECTIVE BLEACH FOR FRECKLES IS TO COVER THEM WITH LEMON JUICE OR BUTTERMILK EACH EVENING JUST BEFORE RETIRING AFTER THE FACE HAS BEEN CAREFULLY WASHED AND DRIED. ANOTHER EFFECTIVE LOTION MAY BE MADE BY MIXING EQUAL PORTIONS OF LEMON JUICE AND PEROXIDE. THESE SHOULD BE LEFT ON OVERNIGHT. IF THE FRECKLES ARE VERY HEAVY AND YOUR SKIN IS NOT UNUSUALLY SENSITIVE THE FOLLOWING PREPARATION MAY BE USED MORNING AND EVENING AFTER WASHING AND DRYING THE SKIN: 4 OZ. DISTILLED WATER; 1 OZ. LAVENDER WATER AND 3-8 DRAM MURIATE OF AMMONIA.

REMOVAL OF BLACKHEADS AND WHITEHEADS

THESE TWO SKIN CONDITIONS ORIGINATE IN THE SAME WAY AND THE SAME GENERAL TREATMENT APPLIES TO BOTH. BLACKHEADS AND WHITEHEADS ARE CAUSED BY CLOGGED PORES AND THE DIRT AND GRIME WHICH HAVE ACCUMULATED THEREIN. A GOOD TREATMENT FOR CORRECTION OF THIS CONDITION IS TO WASH FACE AND HANDS THOROUGHLY WITH WARM WATER AND A GOOD SOAP TO LESSEN RISK OF INFECTION. THEN COVER THE INFECTED AREA WITH WARM OIL. THE BLACKHEADS MAY THEN BE SQUEEZED OUT WITH TISSUE OR SOFT STERILE CLOTH COVERING THE FINGER TIPS. PUNCTURE THE WHITEHEADS WITH A STERILIZED NEEDLE AND SQUEEZE OUT THE CONTENTS WITH COVERED FINGERTIPS. AFTER THIS TREATMENT WASH THE FACE AGAIN AND WIPE WITH AN ALCOHOLIC LOTION AND THEN APPLY A GOOD ANTISEPTIC OINTMENT WHICH SHOULD BE LEFT ON OVERNIGHT.

SOUPS, SALADS, VEGETABLES

SIMMERED PEPPERS AND TOMATOES

3 onions	Mrs. Adolph Middlestead
2 green peppers	Monango, N. Dak.
1 #2 1/2 can tomatoes	2 Tbsp. sugar
3 Tbsp. butter	1/2 tsp. salt
	1/4 tsp. pepper

Brown peppers and onions lightly in butter. Add other ingredients and let simmer while preparing remainder of meal. Mixture may cook as long as an hour. Serves 6.

BORSCHT (GERMAN VEGETABLE SOUP)

Mrs. I. Lautt

Boil favorite meat, such as beef or fowl, with about 1/2 tsp. mixed spices, 1 red pepper, 2 bay leaves, 1 onion and 1 tsp. salt. When meat is soft, remove and strain soup. Bring to boil, add about 3 cups cubed potatoes. Boil a few minutes. Add about 1/2 head of sliced cabbage and 1/2 c. rice. When this is soft, add 1 can of tomato soup, 1 can of mixed vegetables, or use fresh vegetables which have been cooked. Serve with cream.

STRUDLES

Mrs. Elmer Kuch
La Moure, N. Dak.

2 c. flour	
3/4 tsp. salt	1 tsp. baking powder
Enough water to make a stiff dough.	

Let stand 10 or 15 minutes to ripen. Meanwhile, pare potatoes and slice, put in large roaster, add lard, salt and water to half cover potatoes. Bring to boil. Now roll your dough as thin as you can and pull it. Spread with butter and lard, fold dough over and cut into pieces 2 inches long. Put these over potatoes. Cover (don't open). When you hear them frying for a few minutes, they are done.

BAKED BEANS

Mrs. Edna Weispfenning
Cooperstown, N. Dak.

1 can of Heinz baked beans	
3 Tbsp. brown sugar	1 1/2 tsp. prepared mustard
1/2 c. catsup	minced onion
1 Tbsp. molasses	diced bacon

BAKED BEANS (Continued)

Put bacon on bottom and alternate layer of beans and bacon with bacon on top. Bake 2 hours at 250 degrees.

HOLIDAY SALAD

Mrs. Fred Hillius

1 pkg. lime jello dissolved in 1 1/2 c. boiling water

Cool. Add:

1 c. drained fruit cocktail

1 apple, cut fine

1 stalk celery, cut fine

Let partly jell, stir to mix and finish jelling. Serve on lettuce leaf with salad dressing.

PRIZE CHRISTMAS SALAD

Mrs. Wilfred Rickter

Dissolve 1 pkg. raspberry gelatin in 1 c. hot water. Add 1/2 c. cold water and chill until partially thickened. Fold in:

1 small orange, cut in
chunks

1 lb. can Ocean Spray
cranberry sauce (jellied
or whole)

1/2 c. pineapple chunks

1/4 c. chopped walnuts

Chill until firm. Makes 1 quart. 8 to 10 servings.

To make "Christmas Tree Salads" pour salad mixture into cone-shaped drinking cups, set each cup in a glass to hold upright, chill in refrigerator. Peel off paper. Pipe "trees" with swirls of cream cheese.

YUM YUM PINEAPPLE SALAD

Mrs. Henry Vix
Hebron, N. Dak.

Heat:

2 c. crushed pineapple

juice of 1 lemon

1 c. sugar

Stir until sugar is dissolved. Soak 2 Tbsp. gelatin in 1/2 c. cold water 10 minutes. Add to hot mixture; when cool, and beginning to set, add:

1 c. grated cheese

1/2 pt. cream, beaten stiff

2 Tbsp. finely chopped pimiento

2 Tbsp. chopped green pepper

Mold and serve on lettuce.

JELLO SALAD

Mrs. John Reule

1 box lime jello - mix with 1 c. boiling water and cool,

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JELLO SALAD (Continued)

then beat it. Add:

1/4 c. celery, chopped 1 small can chunk pineapple
1 small jar maraschino cherries

Mix all and cool.

LIME JELLO SALAD

Hertha Hartman

Set lime jello until it starts to set. Then mix about 1/2 c. cottage cheese, 1/2 c. Miracle Whip, little green pepper cut fine and some diced cucumber. Whip jello and mix this in. Set in refrigerator till set good. Serve as individual salad on lettuce leaves or in one bowl.

CRANBERRY SALAD

Mrs. John Hillius

1 pkg. raspberry jello dissolved in 1 1/2 c. boiling water

Cool. Add:

2 c. chopped raw cranberries
1/2 c. sugar
1/2 c. drained crushed pineapple
1 stalk celery, finely cut 1/2 cut apple

Let this set partly, then stir and finish letting it jell. Some quartered marshmallows and walnuts may be added.

KIDNEY BEAN SALAD

Mrs. Albert Brandenburger

2 1/2 c. canned kidney beans
3/4 c. diced tart apple
1/2 c. chopped sweet pickles
1/2 c. chopped cabbage
1 head crisp lettuce
mayonnaise
paprika
1/2 tsp. salt

Serve on lettuce leaves.
Very good.

PATRONIZE MERCHANTS ADVERTISED IN THIS BOOK

Write Extra Recipes Here:

Then heat it. Add:

1/2 c. celery, chopped
1 small jar maraschino cherries

Mix all and cool.

Hettie Hartman

LIME JELLO SALAD

Set lime jello until it starts to set. Then mix about
1/2 c. cottage cheese, 1/2 c. Minute Whip, little green
pepper cut fine and some sliced cucumber. Whip jello and
set this in. Set in refrigerator till set good. Serve as
individual salad on lettuce leaves or in one bowl.

Mrs. John Hillis

CRANBERRY SALAD

1 pkg. raspberry jello dissolved in 1 1/2 c. boiling water

Cool. Add:

2 c. chopped raw cranberries
1/2 c. sugar
1/2 c. drained crushed pineapple
1 stalk celery, finely cut
1/2 c. apple

Let this set partly, then stir and finish setting in jello.
Some quartered marshmallows and walnuts may be added.

Mrs. Albert Brandeburger

KIDNEY BEAN SALAD

2 1/2 c. canned kidney beans
3/4 c. diced tart apple
1/2 c. chopped sweet pickles
1/2 c. chopped cabbage
paprika
1/2 tsp. salt

Serve on lettuce leaves.
Very good.

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MEAT

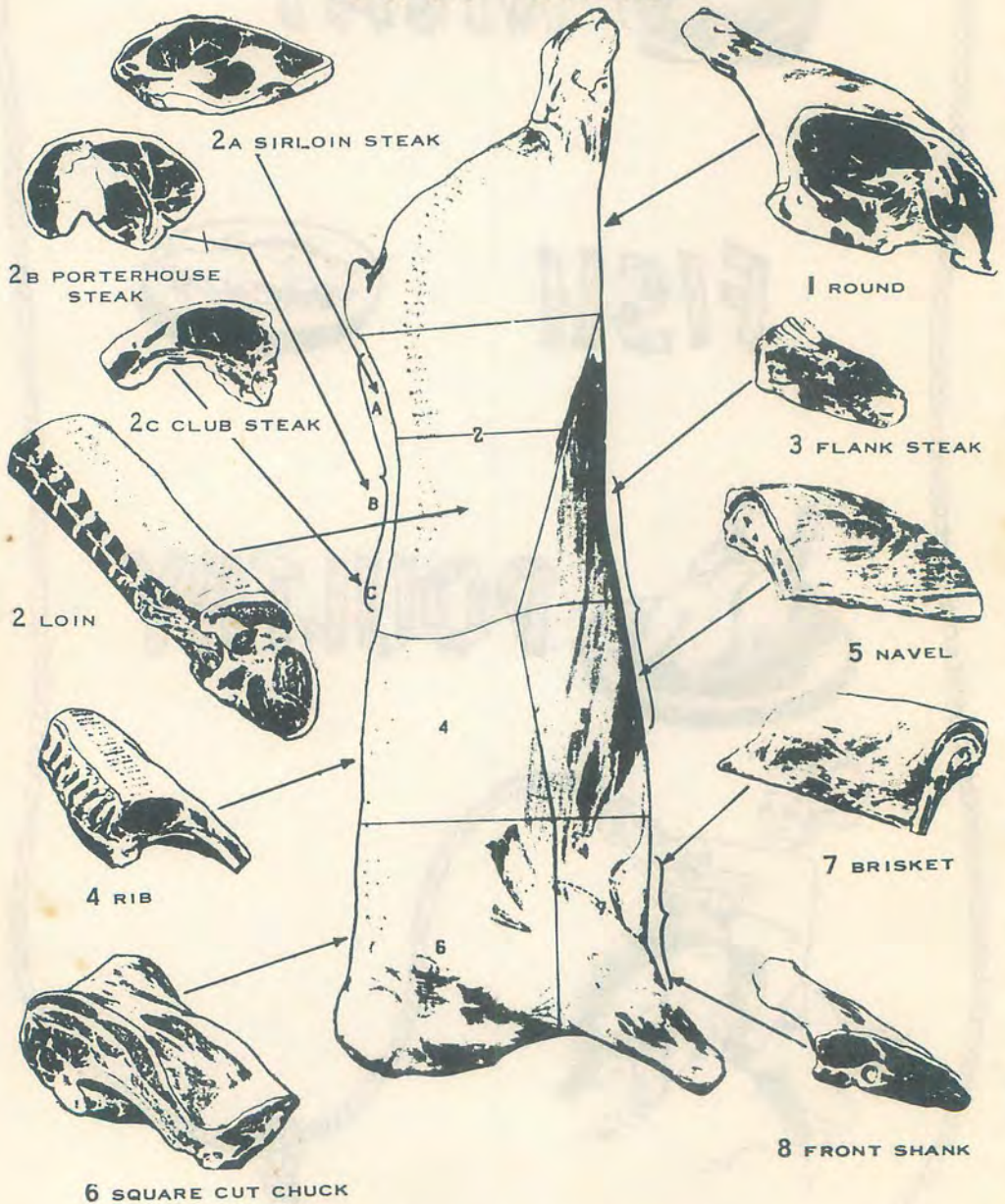
FISH



POULTRY



Beef Cuts



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MEAT, FISH, POULTRY

SPICY BARBECUED RIBS

Mrs. Weston Maley

3 lb. loin back ribs
1 1/2 tsp. salt
dash of pepper

1 tsp. paprika
1 Tbsp. lemon juice
2 cloves garlic, minced

Cut ribs in serving pieces. Place in single layer in broiler pan. Combine remaining ingredients, spread over ribs. Let stand. Make barbecue sauce - cook 1 1/2 c. chopped onions and 1/2 c. chopped celery in hot fat until golden. Add:

2 tsp. dry mustard
1 1/2 Tbsp. chili powder
1 c. tomato sauce
1/2 c. water
1 1/2 Tbsp. Worcestershire sauce

1 1/2 Tbsp. brown sugar
1 1/2 tsp. sage
3/4 c. vinegar
1/3 c. chili sauce

Simmer 20 minutes. Spoon sauce over ribs, place under broiler. Broil 4 inches from heat, basting often till ribs are brown, about 20 or 25 minutes. Transfer to oven. Bake at 300 degrees (slow) for 1 1/2 hours. Baste occasionally.

COTTAGE DINNER

Mrs. Harold Aman
Forbes, N. Dak.

6 med. potatoes
1 lb. ground beef
2 c. peas, drained

1 c. vegetable soup,
undiluted
1 small onion, diced

Boil potatoes and mash. Combine beef and onion in Dutch oven and stew until nearly done. Add peas and soup, heat thoroughly. Pile mashed potatoes on top of the above mixture. Put in a 250 degree oven for 45 minutes. Serves 6.

SAUSAGE CASSEROLE

Mrs. Herbert Miller

1 pt. sausage patties - canned or fresh
3 med. size onions, sliced
1 pt. canned corn
2 1/2 c. thinly sliced potatoes
1 tsp. salt

1 c. canned tomatoes

SAUSAGE CASSEROLE (Continued)

Arrange potatoes, corn and onions in layers in a buttered baking dish, sprinkling each layer with salt. Place the sausage patties on top and pour the canned tomatoes over all. Bake until vegetables are done, at 350 degrees, about 45 minutes.

IRISH STEW

Miss Evelyn Middlestead
Monango, N. Dak.

3/4 to 1 lb. lean lamb -
cut in cubes
salt, pepper, flour
1 onion, sliced
2 to 4 Tbsp. fat

2 potatoes, diced
4 small carrots, diced
1 turnip, diced
1 Tbsp. chopped parsley

Sprinkle the meat with salt, pepper and flour. Brown it with the onion in the fat. Add water to cover. Cover pan and cook slowly until meat is almost done, about 1 1/2 hours. Add potatoes, carrots and turnip. Cook until tender - 20 to 30 minutes. Add parsley. Makes 4 servings.

SAUSAGE 'N CORN (4 Servings)

Mrs. Jacob Middlestead
Monango, N. Dak.

1/2 lb. Brown 'n Serve Sausage
1 Tbsp. chopped green
pepper
1 Tbsp. chopped onion

2 Tbsp. fat
2 c. cooked corn

Season to taste. Pan-fry green pepper and onion in hot fat in a skillet. Add sausage and brown. Add corn. Season. Heat. Serve hot.

PIGS IN BLANKETS

Marion Bartel
Monango, N. Dak.

Combine 1 1/2 c. rice and 1 c. ground fat pork or hamburger, pepper and salt as desired. Put about 2 Tbsp. of this mixture on a cabbage leaf and roll up tight. Put in kettle and 1 Tbsp. shortening and enough water to almost cover, and cook until it is well done.

MEAL IN A CASSEROLE

Mrs. Ralph Vix

Place in a large casserole or small roaster:
1 layer onions
1 layer potatoes (about 8 medium sized)
1 layer canned corn

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MEAL IN A CASSEROLE (Continued)

1 layer of meat balls (recipe follows)

Over this pour:

1 can tomato soup	2 c. milk
1 can mushroom soup	

Bake 1 hour and 45 minutes at 325 degrees. Serves 10.

Meat Balls for above dish:

3 lbs. round steak, ground	4 crackers, ground fine
1 lb. pork steak, ground	1/2 tsp. sage
1/4 lb. suet	1/2 tsp. nutmeg
1 onion, chopped fine	salt and pepper
	1 pt. milk

Form into balls and brown in hot fat.

MEAT LOAF

Loretta Mintz

2 c. bread crumbs	2 lbs. hamburger
1 c. onions	6 Tbsp. horseradish
1 c. green peppers	1 tsp. dry mustard
1 Tbsp. salt	1/4 c. catsup
1/4 c. milk	2 eggs

Shape into loaf. Bake in 9 x 5 x 3 pan. Spread with 1/2 c. catsup. Bake in 400 degree oven for 40 minutes.

CHOP SUEY

Mrs. Alex Zimmerman

2 c. spaghetti	1 lb. hamburger
1 c. kernel corn	1 small can tomatoes or
1 small can kidney beans	tomato soup

Boil spaghetti in salt water about half done; drain. Fry hamburger with a little onion in a skillet. Then mix everything together and put in a casserole and bake for about an hour in a 300 degree oven.

BOILED HAM AND CHEESE SANDWICHES

Mrs. Ernest Gebhardt
Monango, N. Dak.

Place a slice of cooked ham on bread. Spread chili sauce on the ham and a slice of cheese over it. Cover with second slice of bread, place sandwich on a cookie sheet,

BOILED HAM AND CHEESE SANDWICHES (Continued)

and toast under broiler until cheese melts. Turn so that both sides get brown.

SUMMER SAUSAGE

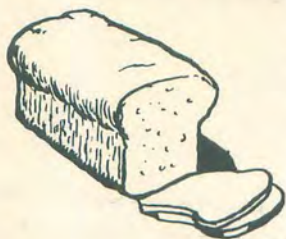
Mrs. Albert Fuchs

75 lbs. beef
25 lbs. pork
1 1/2 lbs. brown sugar
3 lbs. salt
4 oz. white pepper

4 oz. salt peter
black pepper to suit taste
mustard seed
ground garlic to taste

Grind beef and put to one side in a large jar so that blood gathers to one side. Leave set overnight; drain off. Grind pork and mix everything. Leave set 3 or 4 days, mixing it once every day. Then make into sausage and smoke it once each day for three days until sausage is smoked through, then wax.

Write Extra Recipes Here:



BREAD

ROLLS



PASTRY



BEAUTY HINTS

NAILS

THE FIRST RULE IN CARE OF NAILS IS GENTLENESS. NEVER PUSH CUTICLE BACK ROUGHLY OR TRIM IT TOO CLOSE. A GOOD RULE TO FOLLOW ON CUTTING CUTICLE IS DO NOT CUT UNLESS IT IS RAGGED.

IN FILING NAILS BE SURE YOU DO NOT FILE TOO FAR DOWN IN CORNERS. THIS HELPS TO PREVENT BREAKAGE AND HANGNAILS.

IF YOU HAVE TROUBLE WITH POLISH STAYING ON, CHECK ON YOUR NEXT MANICURE FOR THESE POINTS:

1. THE NAIL MUST BE CLEAN AND DRY BEFORE APPLYING POLISH.
2. ALWAYS APPLY POLISH WHEN YOU WILL HAVE TIME FOR IT TO DRY THOROUGHLY.

A GOOD TREATMENT FOR ROUGH CUTICLE AND BRITTLE NAILS IS SOAKING THEM IN HOT OLIVE OIL FOR 10 TO 15 MINUTES.

HAIR

BEAUTY OF HAIR IS IN THE GLOSS OR ALIVENESS OF ITS LOOK. DULL, LIFELESS HAIR IS NEVER BEAUTIFUL. THOROUGH AND FREQUENT SHAMPOOS AND DAILY BRUSHING ARE A MUST. NEITHER OF THESE WILL HARM YOUR PERMANENT WAVE OR SET. FOR LIGHT HAIR A LEMON OR VINEGAR RINSE WILL HAVE SLIGHT BLEACHING ACTION. HAIR THAT MATS OR TANGLES BADLY OR HAIR WITH DRY HARSH FEEL WILL BE AIDED BY A CREAM RINSE AFTER WASHING.

BREAD, ROLLS, PASTRY

PECAN PEACH PIE

Mrs. Herbert Miller

3 egg whites, beaten

Fold in 1 c. sugar.

Add crumbs of 12 soda crackers.

1/4 tsp. baking powder

1/2 c. pecans

1 tsp. vanilla

Butter a pie pan and put in this mixture. Bake in 325 degree oven 30 minutes. Cool. Top with sliced peaches and whipped cream.

MOCK CHERRY PIE

Miss Helen Gruneich
Monango, N. Dak.

1 1/2 c. cranberries

1 1/2 c. raisins

1 c. sugar

1 c. water

2 tsp. flour

1 tsp. vanilla

1 tsp. salt

Grind raisins and cranberries. Mix sugar and flour together and add the first mixture. Add water, salt and vanilla. Put in pastry lined pie pan, cover with crust, and bake.

SOUR CREAM RAISIN PIE

Mrs. Harry Ketterling
Monango, N. Dak.

1 unbaked pastry shell

2 eggs

3/4 c. sugar

1/4 tsp. salt

3/4 tsp. cinnamon

1/4 tsp. nutmeg

1/2 tsp. cloves

1 c. sour cream

1 c. raisins

Line pie tin with pastry. Beat eggs, add sugar, salt and spices. Combine with cream and raisins. Bake 35 minutes. Temperature - 450 degrees for 10 minutes, 350 degrees for 25 minutes.

CRANBERRY CHIFFON PIE

Margret Mack

1 c. cooked, strained cranberries

1 c. sugar

4 eggs, separated

1 env. unflavored gelatin

1/4 c. water

1/4 tsp. vanilla

1/2 tsp. salt

1 Tbsp. lemon juice

1/2 c. heavy cream,

whipped and sweetened

one baked 9-inch pie shell

CRANBERRY CHIFFON PIE (Continued)

Cook cranberries in half as much water by measure, until they pop. Strain and measure 1 cup pulp with juice. Add 3/4 cup of the sugar to berries and stir to dissolve. Beat egg yolks until light, add cranberry mixture and cook, stirring constantly, about six minutes, or until custard-like.

Soften gelatin in the water. Add salt and lemon juice, and dissolve in hot cranberry mixture. Cool filling. Chill until it begins to congeal. Fold in egg whites, beaten stiff, into which remaining 1/4 c. sugar has been folded. Fill pie shell. Chill until firm. Top with whipped cream, sweetened and flavored with the vanilla. Yield: One deep 9-inch pie.

RASPBERRY PARFAIT PIE

Mrs. Gideon Eberhart

Use your favorite pie crust.

Filling:

1 1/2 c. raspberries

1 1/4 c. water

1 pkg. raspberry flavored
gelatin

1 pt. vanilla ice cream

Wash berries and drain. Measure into 2 qt. saucepan, bring to boil. Remove from heat, add gelatin; stir until dissolved. Cut ice cream in pieces, add to hot gelatin mixture and immediately stir until completely melted. Chill in refrigerator until mixture is thick but not set (about 25 minutes). Fold in berries and pour into baked pie shell. Chill until firm or ready to serve. Good as is or prettied with a border of whipped cream studded with raspberries.

Note: With frozen berries, thaw, drain and measure liquid. Add water to make 1 1/4 cups. Heat; use to dissolve the gelatin.

BASIC BEATEN BATTER

Mrs. A. J. Grueneich
Monango, N. Dak.

1 pkg. yeast

1/4 c. lukewarm water

1 c. milk

1/4 c. sugar

1 tsp. salt

1/2 c. shortening

2 eggs

3 1/4 c. flour

Soften yeast in lukewarm water. Scald milk. Add

BASIC BEATEN BATTER (Continued)

sugar, salt and shortening. Cool to lukewarm. Add 1 c. flour. Beat well, add yeast, eggs, and beat. Add the rest of the flour. Beat and cover; let rise 1 hour.

Honey Twist:

Shape into 1 inch roll. Coil the roll loosely into greased pan, beginning at outer edge and going to center. Brush with topping made of:

1/4 c. butter	1 egg white
2/3 c. confectioners' sugar	2 Tbsp. honey

Let rise 1 hour.

Bake in 350 degree oven 30 minutes.

RAISED DOUGHNUTS

Miss Mabel Middelstead
Monango, N. Dak.

1 cake Fleischmann's yeast	
1 Tbsp. sugar	3 Tbsp. butter
1 1/4 c. milk, scalded and cooled	1/2 c. sugar
4 1/2 c. sifted flour	1/4 tsp. salt
	1 egg, well beaten

Dissolve yeast and 1 Tbsp. sugar in lukewarm milk. Add 1 1/2 c. flour and beat well. Cover and let rise in warm place, free from draft, about 1 hour until bubbles burst on top. Cream butter and sugar. Add salt, egg and nutmeg. Add to yeast mixture. Add remaining flour to make moderately soft dough. Knead lightly, then place in well greased bowl. Cover and let rise 1 1/2 hours. When light turn out on floured board and roll 1/4 inch thick. Cut as doughnuts and fry in fat. Makes 3 dozen.

BUTTER HORN ROLLS

Mrs. Katie Hartman

1/2 c. sugar	3 eggs
1 c. milk	salt
1 cake yeast in 3 Tbsp. warm water	1/2 c. shortening flour

Roll to a point. Bake 10 minutes in hot oven.

BROWN BREAD

Mrs. C. M. Bergland
Napoleon, N. Dak.

1 c. dates, cut fine

Sprinkle with 2 tsp. soda. Add 2 c. boiling water - let cool until lukewarm. 2 Tbsp. butter creamed with 2 c. sugar. Add 2 eggs and beat well.

BROWN BREAD (Continued)

Add the lukewarm mixture, then vanilla. Add 1 c. nut meats. Bake in 5 greased cans for 1 hour in 325 degree oven.

BANANA BREAD

Miss Lucille Diede
Forbes, N. Dak.

1/2 c. shortening	
2 eggs	1 c. sugar
1 tsp. soda	2 c. flour
3 ripe bananas	pinch of salt
	1 c. nuts

Cream shortening and sugar; add beaten egg and bananas which have been mashed. Add flour, salt and soda which have been sifted together; add nuts last.

PARADISE ROLLS

Mrs. Emil Hasz

1 c. walnuts, chopped	
1 lb. dates	
1 lb. marshmallows, cut with scissors dipped in warm water	
1/2 c. cream	1/2 c. milk
1 lb. graham crackers (crushed)	

Mix walnuts, dates and marshmallows with graham crackers. Add milk and cream and mix well. Roll in graham crackers and wrap in wax paper and cool in refrigerator. Slice to serve.

GERMAN KUCHEN

Mrs. Delbert Merkel

Basic Sweet Dough:

Soften 2 pkgs. compressed or dry yeast in 1/4 c. lukewarm water.

Combine:

1 c. scalded milk	1/2 c. sugar
1/4 c. butter or lard	1 1/2 tsp. salt

Cool to lukewarm; stir in yeast mixture. Add:

2 c. flour	2 eggs, well beaten
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Beat well (Electric mixer may be used for this step).

Add 2 1/2 to 3 cups sifted flour or enough to make a soft dough. Knead 10 minutes or until smooth. Let rise until double in bulk. Roll dough to 1/4 inch thickness and line pie tin. Let rise and then fill with the following:

4 eggs	1 c. milk
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GERMAN KUCHEN (Continued)

1 c. sour cream

1 c. sugar

1 Tbsp. cornstarch

Cook until it starts to thicken. Any kind of fruit may be added.

Make a crumbly mixture of:

1/2 c. sugar

2 Tbsp. flour

1 Tbsp. melted butter

Sprinkle over top of the filling in Kuchen, sprinkle with cinnamon and bake.

BAKING POWDER KUCKEN

Mrs. Reiny Bollinger

2 c. sour milk

2 c. sour cream

4 eggs

6 c. flour

7 rounding tsp. baking powder

2 tsp. salt

1 c. sugar

Sift dry ingredients. Beat eggs, cream, add milk and dry ingredients. Roll out 1/2 inch thick. Put in pan and top with your favorite fruit. Sprinkle with sugar and cinnamon and bake.

SODA CRACKER PIE

Mrs. Edna Arlt
Warner, S. Dak.

2/3 c. soda crackers

1 tsp. baking powder

1 c. sugar

3 egg whites

1 tsp. vanilla

1/2 c. nut meats

Combine dry ingredients, stir into stiffly beaten egg whites, add flavoring and nuts. Bake in pie tin 20 minutes and serve with whipped cream.

LEMON MERINGUE PIE

Mrs. William Hoirup
(Ruth Vix)
Turner, Oregon

3 Tbsp. flour

3 Tbsp. cornstarch

1/2 tsp. salt

1 c. sugar

1 1/2 c. water

2 eggs

6 Tbsp. lemon juice

grated rind of 1 lemon

1 Tbsp. butter

Meringue:

2 egg whites

5 Tbsp. sugar

1/2 Tbsp. cream of tartar

Mix flour, cornstarch, salt, sugar and boiling water,

LEMON MERINGUE PIE (Continued)

cook in top of double boiler until thick, about 15 minutes. Add slightly beaten egg yolks and cook 2 minutes longer. Add lemon juice, rind and butter. Cool and turn into baked pie shell. Top with meringue.

ONE CRUST APPLE PIE Mrs. Isadore Lautt

3/4 c. white sugar	1 c. sour cream
2 Tbsp. flour	1/2 tsp. vanilla
1 egg	2 c. apples, chopped fine

Sift dry ingredients together, add egg, cream and vanilla. Beat; add apples. Mix. Pour into batter lined pie tin. Bake in 400 degree oven for 15 minutes then 350 degrees for 30 minutes. Remove from oven. Top with:

1/3 c. sugar	1 tsp. cinnamon
1/3 c. flour	1/4 c. butter

Combine mix, sprinkle over pie, return to oven and bake 10 minutes more.

PUMPKIN PIE Mrs. G. H. Broker Oakes, N. Dak.

1 1/2 c. cooked and mashed pumpkin	
2/3 c. sugar	1/2 tsp. nutmeg
1 3/4 c. milk	1/2 tsp. ginger
3 eggs	1 tsp. cinnamon
1/4 tsp. salt	1/4 tsp. cloves

Mix ingredients and bake in 9 inch pie shell. Serve with whipped cream.

MARSHMALLOW-PUMPKIN PIE Mrs. Rudolph Martin Aberdeen, S. Dak.

1/2 lb. marshmallows (about 23)	
1 c. pumpkin	
1/2 tsp. cinnamon	1/4 tsp. salt
1/4 tsp. ginger	1 c. heavy cream, whipped
	one 9-inch baked pie shell

Place marshmallows, pumpkin and seasoning in top of double boiler; heat, stirring occasionally, until marshmallows are melted. Mix well. Let cool (not in refrigerator) 50 to 60 minutes. Stir about 1/3 cup whipped cream into cooled pumpkin mixture. Then carefully fold in remaining whipped cream. Pour into baked 9-inch pie shell. Serve topped with whipped cream.

RHUBARB MERINGUE PIE

Mrs. Ernest H. Gebhardt
Monango, N. Dak.

1 baked pie shell
3 c. rhubarb, cut small
3 Tbsp. flour
1/8 tsp. salt
1 1/2 c. sugar

3 egg yolks
1/3 c. orange juice
1 1/2 Tbsp. grated
orange rind

Wash rhubarb, cut, then steam in pan until tender. No water is used except that which clings to the rhubarb. Mix together flour, salt, sugar, orange rind and juice; add the slightly beaten egg yolks, combine mixture and cook till thick, stirring frequently. Let cool, put in baked pie shell, top with meringue and bake in moderate oven till brown.

ORANGE ROLLS

Mrs. Katie Hartman

1 cake compressed yeast dissolved in 1/2 c. warm water.
1 egg, beaten
1 Tbsp. melted lard
1 Tbsp. melted butter
1 tsp. salt

2 Tbsp. sugar
juice and pulp of 3 oranges
3 c. flour (more if necessary)

Beat all together to make a smooth loaf. Let rise until double in bulk. Knead and let raise again. Shape like Parker House Rolls. Bake in hot oven.

Take juice of 1 orange, 1 Tbsp. butter, powdered sugar to spread. Spread over rolls when baked.

JELLY ROLL

Mrs. William Zahn
Forbes, N. Dak.

Here is a way to use up the 6 egg yolks:

6 egg yolks
1 c. sugar
1/2 c. boiling water
1 1/2 c. cake flour

1 1/2 tsp. lemon juice
2 tsp. baking powder
1/4 tsp. salt

Beat yolks slightly, add sugar, a small amount at a time, then add boiling water alternately with cake flour, baking powder and salt, which has been sifted together. Add extract. Bake in a loaf pan lined with wax paper at 325 degrees for 25 minutes. When done turn out on tea towel sprinkled with powdered sugar. Spread with any desired jelly and roll in the towel while still hot.

Write Extra Recipes Here:

1 baked pie shell
2 c. rhubarb, cut small
1 Tbsp. flour
1/8 tsp. salt
1 1/2 c. sugar
3 egg yolks
1/3 c. orange juice
1 1/2 Tbsp. grated
orange rind

Wash rhubarb, cut, then steam in pan until tender. No water is used except that which clings to the rhubarb. Mix together flour, salt, sugar, orange rind and juice and the slightly beaten egg yolks, combine mixture and cook till thick, stirring frequently. Let cool, put in baked pie shell top with mixture and bake in moderate oven till brown.

ORANGE ROLLS Mrs. Katie Hartman

1 cake compressed yeast dissolved in 1/2 c. warm water
1 egg, beaten
1 Tbsp. melted lard
1 Tbsp. melted butter
1 Tbsp. salt
2 Tbsp. sugar
juice and pulp of 3 oranges
3 c. flour (more if nec-
essary)

Beat all together to make a smooth loaf. Let rise un-
til double in bulk. Knead and let raise again. Shape like
Parker House Rolls. Bake in hot oven.
Take juice of 1 orange, 1 Tbsp. butter, powdered sug-
ar to spread. Spread over rolls when baked.

JELLY ROLL Mrs. William Zehn
Torbes, N. Dak.

Here is a way to use up the 3 egg yolks:

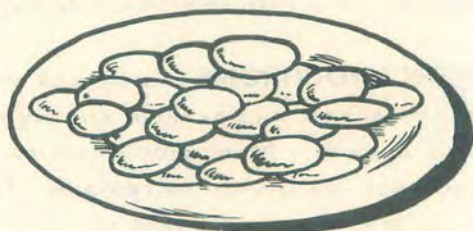
3 egg yolks
1 c. sugar
1/2 c. boiling water
1 1/2 c. cake flour
1 1/2 tsp. lemon juice
2 tsp. baking powder
1/4 tsp. salt

Beat yolks slightly, add sugar, a small amount at a
time, then add boiling water alternately with cake flour,
baking powder and salt, which has been sifted together.
Add extract. Bake in a loaf pan lined with wax paper at
325 degrees for 25 minutes. When done turn out on tea
towel sprinkled with powdered sugar. Spread with any
desired jelly and roll in the towel while still hot.



CAKES

COOKIES



SPOT AND STAIN REMOVAL

BLOOD - FRESH BLOOD STAINS ARE SET BY HOT WATER. TO REMOVE FROM WASHABLE MATERIAL SOAK IN COLD WATER FOR 30 MINUTES, THEN LAUNDER. IF TRACES STILL REMAIN USE CHLORINE BLEACH. ON OLD STAINS USE IODIDE OF POTASSIUM DILUTED IN FOUR TIMES ITS OWN WEIGHT. ON NON-WASHABLE MATERIALS SPONGE WITH COLD WATER OR A MILD SOLUTION OF SOAP.

INK - ON WASHABLE MATERIALS THE ARTICLE MAY BE DIPPED IN MELTED TALLOW AND WHEN STAIN HAS BEEN ABSORBED THE TALLOW MAY BE REMOVED IN BOILING SOAP-SUDS.

LIPSTICK - ON WASHABLE MATERIALS LAUNDER IN HOT SOAPY WATER AND REMOVE ANY STAIN REMAINING WITH A CHLORINE BLEACH. ON NON-WASHABLE MATERIALS APPLY CARBON TETRACHLORIDE WITH A SATURATED CLOTH AND PRESS A BLOTTER ON THE STAIN. REPEAT THIS PROCESS TILL THE STAIN DISAPPEARS.

MERCUROCHROME - LAUNDER WASHABLE MATERIALS IN HOT SOAPY WATER AND REMOVE ANY REMAINING STAIN WITH A CHLORINE BLEACH. MERCUROCHROME IS VERY DIFFICULT TO REMOVE FROM NON-WASHABLE MATERIALS. TAKE IT TO YOUR CLEANER AND TELL HIM WHAT THE STAIN IS.

GRASS - RUB SPOT ON WASHABLE MATERIALS WITH HEAVY SOAP SUDS AND REMOVE ANY REMAINING STAIN WITH CHLORINE OR HYDROGEN PEROXIDE BLEACH. SPONGE GRASS STAIN ON NON-WASHABLE MATERIAL WITH WOOD ALCOHOL.

CHEWING GUM - ON ALL FABRICS MOISTEN WITH CARBON TETRACHLORIDE AND SCRAPE OFF WITH A DULL KNIFE.

FRUIT - STRETCH WASHABLE MATERIAL OVER A BOWL AND POUR BOILING WATER THROUGH THE STAIN. USE CHLORINE BLEACH IF NECESSARY. ON NON-WASHABLE MATERIALS USE AN EQUAL MIXTURE OF AMMONIA AND ALCOHOL TO LOOSEN, THEN BRUSH WITH ALCOHOL TILL STAIN IS REMOVED.

CAKES AND COOKIES

SPICE CAKE

Mrs. Louie Ketterling
La Moure, N. Dak.

1 c. sugar
1/2 c. lard

1 egg
1/2 c. raisins or dates

Pour 1 cup boiling water over the raisins or dates and 1 tsp. soda.

1/2 tsp. salt
1 tsp. cloves

1 tsp. cinnamon
1 1/2 c. cake flour

Bake in 9 x 9 cake pan at 350 degrees for 30 to 35 minutes.

WHITE SOUR CREAM CAKE

Mrs. William Kranzler
Lehr, N. Dak.

3 eggs
1 c. sugar
1 1/2 c. sour cream
3/4 tsp. soda

2 1/4 c. cake flour
1 1/2 tsp. baking powder
1/4 tsp. salt
1 tsp. vanilla

Beat eggs, mix with sugar; mix soda with sour cream and add alternately with flour and baking powder; add salt and vanilla. Bake in moderately hot oven about 350 degrees for 45 minutes.

ANGEL FOOD CAKE DELUXE

Mrs. Harry Claves
Hecla, S. Dak.

Measure and sift together 3 times 1 cup sifted Softasilk cake flour, 1 1/2 c. sifted confectioners' sugar. Measure into large bowl:

1 1/2 c. egg whites (12)
1/3 tsp. salt

1 1/2 tsp. cream of tartar
1 1/2 tsp. vanilla
1/2 tsp. almond extract

Beat with wire whip until foamy, gradually add 1 c. granulated sugar, 2 Tbsp. at a time. Fold in gently just until the flour-sugar mixture disappears. Pour batter into the ungreased tube center pan. Gently cut through batter with a knife. Bake at 350 degrees from 35 to 45 minutes; invert; let hang until cold.

CAKE HINT

Mrs. Harold Aman
Forbes, N. Dak.

To frost an angel food cake successfully, beat 1 egg white slightly and brush on cake. Let dry, then proceed with frosting.

FRUIT CAKE

Mrs. Arthur Heinrich
Aberdeen, S. Dak.

3 eggs	
1 1/2 c. sugar	2 c. chopped walnuts
1 1/2 tsp. baking powder	1 c. chopped dates
1/4 tsp. salt	1 c. maraschino
1/4 lb. chocolate chips	cherries

Combine eggs and sugar; sift dry ingredients together; put the 4 last ingredients into flour; fold into egg mixture; bake in a greased loaf pan at 350 degrees for 1 1/2 hours.

DEVILS FOOD CAKE

Mrs. Christina Mintz

Sift together:

2 c. flour	1 tsp. soda
1 1/2 c. sugar	1 tsp. salt
2 tsp. baking powder	

Cut 3 squares of chocolate into a mixing bowl, add 3/4 c. boiling water and cool. Blend in:

1/2 c. shortening	3 unbeaten eggs
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Add sifted dry ingredients. Beat for 2 minutes or 200 strokes. Add:

1/2 c. sour milk	1 tsp. vanilla
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Beat 2 minutes. Pour into greased pan (9x13x2) or two 9-inch layer pans. Bake at 350 degrees 40 to 45 minutes for loaf 35 to 40 minutes for layer.

PEACH UPSIDE DOWN CAKE

Mrs. G. O. Perlich
(Anna Vix)
San Pedro, Calif.

1 1/2 c. flour	
1 3/4 tsp. baking powder	
1/4 tsp. salt	1/2 c. milk
3/4 c. sugar	1 tsp. vanilla
4 Tbsp. soft shortening	4 Tbsp. butter
1 egg	1/2 c. brown sugar
	2 c. sliced peaches

Sift flour, measure, sift again with baking powder, salt and sugar; add shortening, well beaten egg, milk and flavoring; mix well.

PEACH UPSIDE DOWN CAKE (Continued)

Melt butter in cake pan, add brown sugar; mix. Arrange peach slices in over-lapping layers on sugar mixture. Pour batter over peaches. Bake about 50 minutes or until done in 350 degree oven.

DATE NUT CAKE

Mrs. Rudolph Martin
Aberdeen, S. Dak.

Combine and let cool:

1 c. cut up dates

1 c. hot water

1 level tsp. soda

Cream:

1 c. brown sugar

1/4 c. butter

Add:

1 egg

1 1/2 c. flour

Mix all together and add 1 c. broken nut meats. Bake 45 minutes in 350 degree oven. Good with whipped cream. Better if baked 4 or 5 days before serving.

CARAMEL FROSTING

Mrs. Rudolph Martin
Aberdeen, S. Dak.

1 c. brown sugar

1/2 c. water

2 egg whites

1 tsp. flavoring

Make a syrup of sugar and water. Cool - pour slowly into stiffly beaten egg whites. Add flavoring.

MOCK ANGEL FOOD CAKE

Mrs. William Zahn
Forbes, N. Dak.

1st part:

2 c. sugar

1 c. boiling water

2 c. cake flour

1/4 tsp. salt

2nd part:

6 egg whites

1 heaping tsp. baking
powder

1 level tsp. cream of
tartar

1 tsp. favorite extract

Mix flour, sugar and salt, add boiling water and mix thoroughly, put this in refrigerator for several hours for it must be cold. When ready to make the cake whip the egg whites until foamy, add the cream of tartar and whip a little more, add baking powder, then whip until the bowl can be turned upside down without egg slipping out. Add extract. Add the 1st mixture slowly into the egg white, folding carefully.

MOCK ANGEL FOOD CAKE (Continued)

Bake for 1 hour in a loaf pan. This cake must be started in a cold and very slow oven, as the batter must be warmed through and through before it starts to rise. I start mine at 250, then keep turning it up slowly to 375 degrees for the last 1/2 hour. (Use ungreased pan.)

WHITE CAKE

Mrs. Harvey Vasvick

1/2 c. shortening
1 1/2 c. sugar

2 1/2 c. cake flour
1/2 tsp. salt

Mix the above like pie dough, add 1 c. cold water and beat 5 minutes.

Beat 3 egg whites until frothy, then add 3 tsp. baking powder and beat well. Fold into first mixture and add 1 tsp. vanilla. Bake in slow oven for 10 minutes, then increase heat and finish baking.

NUT FRUIT CAKE

Mrs. Edna Weispfenning
Cooperstown, N. Dak.

2 lbs. pitted dates
1 lb. Brazil nut meats (whole)
1 lb. walnuts (whole)
red and green maraschino
cherries, as desired
1 1/2 c. flour

1 1/2 c. sugar
pinch of salt
6 eggs
1 tsp. baking powder
flavor if desired

Leave dates, nuts and cherries whole; place in bowl. Mix flour, sugar, salt and baking powder and pour over nut mixture. Add well beaten eggs and mix well; (use hands to mix). Pack firmly in angel food tin and bake 1 1/2 to 2 hours in 300 degree oven.

COLD WATER CAKE

Mrs. Donald Baumgarten
Courtenay, N. Dak.

Cream:

1/2 c. butter
1/8 tsp. salt

1 c. sugar
1 tsp. vanilla

Blend:

1/2 c. cocoa

1/3 c. cold water

Add this alternately to creamed mixture.

2 1/2 c. sifted cake flour

1 c. cold water

Fold in 3 egg whites which have been beaten stiff with 3/4 c. sugar. Add last 1 1/3 tsp. soda, which has been dissolved in a small amount of boiling water. Stir

COLD WATER CAKE (Continued)

in well. Bake in moderate oven, 360 degrees, about 35 minutes.

ORANGE RAISIN CAKE

Mrs. J. A. Morgan
Oakes, N. Dak.

1/2 c. butter, creamed
1 c. sugar, added gradually
2 egg yolks

1 tsp. vanilla
juice of 1 orange

Grind 1 cup of raisins and pulp of orange in food chopper. Add to first mixture; mix well. Add 1 c. warm water. Add 2 c. flour, sifted twice with 1 tsp. soda and 1 tsp. cinnamon and pinch of salt. Add 2 beaten egg whites. Bake in moderate oven.

DEVILS FOOD CAKE

Mrs. Albert Fuchs

4 eggs
2 c. sugar
2 c. sour cream
2 tsp. soda

3/4 c. cocoa
2 tsp. vanilla
1 tsp. salt
3 c. sifted flour

Beat eggs, add sugar and cocoa, which has been dissolved in hot water. Add sour cream, vanilla and dry ingredients, which have been sifted. Beat until smooth. Bake 35 to 40 minutes at 375 degrees. Makes a large loaf or 3 layers.

SAUCEPAN BROWNIES

Mrs. C. M. Bergland
Napoleon, N. Dak.

1 c. granulated sugar
1/4 c. milk
2 eggs, well beaten
1/3 c. cocoa
1/2 c. sifted flour

1/4 tsp. baking powder
1/2 tsp. salt
1/2 c. chopped nuts
1 tsp. vanilla

Heat the shortening and cocoa in large saucepan. When the shortening is melted, add sugar and milk. Bring mixture just to a boil. Remove from stove. Sift together flour, salt and baking powder. Add to hot mixture. Then add eggs, nuts and vanilla. Pour batter in a greased and floured 10-inch square pan. Bake in a 350 degree oven for 25 - 30 minutes. Cut into squares while still warm. Makes 3 dozen squares. Brownies may be frosted if desired.

Frosting: (next page)

SAUCEPAN BROWNIES (Continued)

1 oz. chocolate, cut fine (or equivalent of cocoa may be used)	1 c. white sugar
1/4 tsp. salt	1/4 c. Spry or Crisco
1 tsp. vanilla	1/3 c. milk

Mix above ingredients and bring to a rolling boil for 1 minute. Let cool. Add vanilla. Beat until ready to spread. Add nuts if desired.

APPLESAUCE CAKE

Mrs. John Hillius

2 c. sugar	1/2 c. walnuts
1 c. butter and lard mixed	1 rounding tsp. soda
2 c. hot applesauce	1 rounding tsp. baking powder
1 sq. chocolate	3 1/2 c. flour
1 c. cut raisins	spices as liked

Mix in order given. Sift dry ingredients together. Bake in 350 degree oven.

DOUGHNUTS

Mrs. Otto Schlauch
Monango, N. Dak.

1 c. sour milk	1/2 tsp. soda
2 eggs	1/2 tsp. salt
1 Tbsp. shortening	2 tsp. baking powder
1 c. sugar	flour enough to make doughnuts

APPLESAUCE DOUGHNUTS

Yvonne Hillius

2 eggs, beaten	1/2 tsp. salt
1 1/2 c. sugar	4 1/2 level tsp. baking powder
4 Tbsp. salad oil	1 level tsp. soda
1 c. applesauce, unsweetened	1 level tsp. nutmeg
1 c. buttermilk	1/2 tsp. cinnamon
4 1/2 c. sifted flour	

Mix dough only until smooth. Chill dough 1 hour. Fry in deep fat.

GINGER COOKIES

Mrs. Harvey Vasvick

3/4 c. shortening	1 c. sugar
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GINGER COOKIES (Continued)

1/4 c. molasses	1 tsp. cinnamon
1 egg	1 tsp. cloves
2 c. flour	1 tsp. ginger
1/4 tsp. salt	

Roll in palm of hand. Dip in sugar and bake. They will crack open on top.

DATE LAYER COOKIES

Mrs. Benny Buchholz
Lehr, N. Dak.

1 c. butter	
1 c. brown sugar	1 tsp. soda
2 eggs	4 c. flour
3 Tbsp. corn syrup	1/4 tsp. salt

Cream butter and cream in brown sugar, add eggs and beat mixture until light and fluffy. Add corn syrup. Sift flour with soda and salt; blend this into creamed mixture, adding just enough flour to make a soft dough. Roll out thinly - cut with small cookie cutter. Bake in fairly hot oven until cookies turn color. When baked and cooled, place date filling between two cookies and press together.

Date Filling:

Boil:

1 c. dates	3/4 c. water
1/2 c. brown sugar	1 tsp. butter

Boil until mixture is thick. Cool before using between cookies.

PEANUT BUTTER COOKIES

Mrs. Harry Clayes
Hecla, S. Dak.

1 c. white sugar	
1 c. brown sugar	2 1/2 c. flour
1 c. peanut butter	1 tsp. soda
chunk or plain	1 tsp. salt
1 c. shortening	2 eggs

Bake at 325 degrees.

FRUIT CAKE (WITHOUT CANDIED FRUIT)

Mrs. C. W. Grueneich
Monango, N. Dak.

2 eggs	
1 c. brown sugar	
1 tsp. soda	1/2 c. milk

-25- Ellendale, N. Dak.

FRUIT CAKE (Continued)

add a little vinegar to the milk

butter size of egg	3 Tbsp. white syrup
1 c. raisins	1/2 tsp. cloves
1 c. dates	1 tsp. each cinnamon
1 c. walnuts	and nutmeg
	1 1/2 c. flour

RANGER COOKIES

Mrs. Rudolph Bartel
Monango, N. Dak.

2 c. shortening	2 eggs
1 c. brown sugar	2 c. flour
1 tsp. vanilla	1/2 tsp. baking powder
1 tsp. soda	2 c. oatmeal
1/2 tsp. salt	1 c. coconut
2 c. Rice Krispies	
1 c. sugar	

Form into balls the size of a walnut. Bake at 350 degrees.

DATE-NUT PINWHEEL COOKIES

Makes about 5 dozen.

Mrs. C. W. Grueneich
Monango, N. Dak.

Combine:

3/4 lb. dates, chopped	1/3 c. water
1/3 c. sugar	1 tsp. lemon juice
	1/2 c. chopped walnuts

Cook over low heat, stirring constantly until pasty, about 2 minutes. Cool. Measure and sift together:

2 c. sifted flour	1/2 tsp. baking soda
1/2 tsp. cream of tartar	1/8 tsp. salt

Work with a spoon until soft:

1/2 c. butter or margarine
1 c. brown sugar, firmly packed

Beat together until light and fluffy. Beat in, blending well:

1 egg	1/2 tsp. vanilla
	1 Tbsp. cream

Gradually add sifted dry ingredients. Mix well. Divide dough into two sections. Roll each section into a rectangle 8 x 10 inches. Spread each with half the filling. Roll up as for jelly roll.

DATE-NUT PINWHEEL COOKIES (Continued)

Wrap each roll in wax paper. Chill several hours or overnight. Slice cookies about 1/4 inch thick. Place on a lightly greased cookie sheet. Bake in a moderate oven, 350 degrees, 12 - 15 minutes. Cool. Store in a covered tin canister.

OATMEAL COOKIES

Mrs. Emil Middlestead
Monango, N. Dak.

Sift into large bowl of mixer:

3/4 c. sifted flour	1/2 tsp. salt
1/2 tsp. soda	1 tsp. cinnamon

Add rest of ingredients:

1 1/4 c. rolled oats	1/2 c. nuts
1/2 c. raisins	2/3 c. sugar
1/3 c. soft shortening	2 eggs, unbeaten
	3 Tbsp. molasses

Beat at speed 3 for 3 minutes. Mix thoroughly all ingredients. Drop by teaspoonfuls on an ungreased cookie sheet and bake at 400 degrees for 6 to 8 minutes.

MOLASSES CRINKLES

Mrs. Weston Maley

3/4 c. shortening	2 1/4 c. flour
1 c. brown sugar	2 tsp. soda
1 egg	1/2 Tbsp. cloves
4 Tbsp. molasses	1 Tbsp. cinnamon
1/4 Tbsp. salt	1 Tbsp. ginger

Cream shortening, add sugar very gradually and cream thoroughly. Blend in the beaten egg and molasses. Sift the flour once before measuring, then sift together all dry ingredients. Stir into creamed mixture; mix well. Set to chill about 1 hour. Shape into balls walnut size and dip in sugar. Place unsugared side down on a greased baking sheet. Sprinkle each cookie with 2 or 3 drops of water. Bake 12 - 15 minutes in 350 degree oven.

CHOCOLATE CHIP COOKIES

Mrs. August Roehl

1 c. shortening	
1 c. brown sugar	1/2 c. white sugar

Cream these ingredients.

2 eggs

CHOCOLATE CHIP COOKIES (Continued)

Beat these ingredients lightly.

1 tsp. soda dissolved in 1 tsp. hot water

Add:

1 tsp. vanilla

2 1/2 c. sifted flour

1 pkg. chocolate chips

1/2 c. chopped walnuts

Drop on greased cookie sheet by the teaspoonful for each cookie.

EGG YOLK COOKIES

Mrs. Esther Trautman

9 well beaten egg yolks

1 tsp. orange or lemon
flavoring

1 1/2 c. brown sugar

2 tsp. baking powder

1 c. butter or shortening

1 c. raisins

1/4 tsp. salt

1/2 c. nut meats

1 tsp. soda

5 c. flour

Beat the egg yolks. Add sugar, butter, salt and flavoring. Beat well, then sift all the dry ingredients in with that. Add raisins and nuts. Drop on greased cookie sheets and bake for about 12 minutes at 400 degrees.

SOFT SUGAR COOKIES

Mrs. Jacob Schlauch
Kulm, N. Dak.

2 eggs

1/2 tsp. soda

2 c. brown sugar

2 tsp. baking powder

1 c. sour cream

pinch of salt

1/2 c. lard

Flour to make soft dough. Bake in quick oven.

SPRITZ COOKIES

Miss Esther Grueneich
Oakes, N. Dak.

4 1/2 c. sifted enriched flour

1 tsp. salt

1/4 tsp. soda

1 1/2 c. sugar

2 c. shortening

3 eggs, beaten

Sift together the flour, soda and salt. Cream together the shortening and sugar until light and fluffy. Add the eggs, add flour mixture, mixing well. Force the dough through a cookie press on cookie sheet. Bake in moderate oven 375 degrees for 15 minutes. Makes 6 dozen 2-inch cookies.

CHOCOLATE COOKIES

Mrs. R. H. Strutz
Waphton, N. Dak.

1/2 c. butter	
1 c. brown sugar (cream these)	
2 sq. chocolate	1 1/2 to 2 c. flour
1 egg	nuts
1/2 tsp. soda (in milk)	vanilla
	salt

Drop from spoon and bake at 350 degrees. Makes about 30.

GUM DROP COOKIES

Mrs. Johnny Deobber
Parker's Prairie, Minn.

1 c. sugar	
1 c. brown sugar	1 c. shortening
Cream together. Add:	
2 eggs, one at a time, to the above.	
1/2 tsp. salt	1 tsp. soda
2 c. oatmeal	1 c. gum drops, cut up
2 c. flour	

Drop and bake at 350 degrees.

MOLASSES RAISIN NUT BARS

Mrs. Jacob Steltzer

1/4 c. butter	1/4 tsp. soda
1/2 c. sugar	1 1/2 tsp. baking powder
1 egg	2 c. flour
1/2 c. molasses	1/2 c. nuts
1/4 tsp. salt	1 c. raisins or dates

Cream butter add sugar and beat until light. Add the beaten egg; mix well. Add molasses, sift flour with dry ingredients and alternate with milk to first mixture. Add chopped nuts and fruit. Grease pan. Bake in moderate oven 350 degrees about 20 - 25 minutes.

SALTED PEANUT COOKIES

Mrs. A. T. Johnson

1 c. white sugar	2 c. corn flakes
1 c. brown sugar	1 tsp. vanilla
1 c. shortening	1 tsp. soda sifted with flour
2 eggs, beaten	and 1 tsp. baking powder
2 c. white flour	1 c. salted peanuts
2 c. oatmeal	

Roll in balls and flatten. Bake in 350 degree oven.

COCONUT MACAROONS

Mrs. A. T. Johnson

2 egg whites
1/8 tsp. salt
1 c. sugar

1 c. shredded coconut
2 c. corn flakes
4 drops almond flavoring

Beat egg whites and salt until stiff but not dry. Add sugar; beat thoroughly. Fold in coconut and corn flakes which have been crushed in hands after measuring. Drop by teaspoonfuls on buttered cookie sheet. Bake in moderate oven 20 or 25 minutes.

FILLED DATE COOKIES

Mrs. Edward Schnaidt
Aberdeen, S. Dak.

1 c. sugar
1 c. shortening
1/2 c. sour milk
1/2 tsp. baking powder

1 tsp. soda
2 c. flour
2 c. oatmeal
1 tsp. vanilla

Filling:

2 c. dates

1/2 c. sugar
1 c. water

Roll out dough; cut cookies and fill with date filling and place each cookie on top and frost with powdered sugar and cream mixed. Bake at 350 degrees.

DATE FILLED COOKIES

Mrs. Jacob Diede
Forbes, N. Dak.

1 c. sugar
1/2 c. butter
1/2 c. sweet milk
1 egg
3 tsp. baking powder
3 1/2 c. flour

Filling:

3/4 c. sugar
1 Tbsp. flour
1 c. dates or any other fruit
1 c. boiling water

Cook filling mixture until it thickens. Roll the dough. Cut with cookie cutter and put some filling on the cut cookie then seal with another cookie. Seal edges and bake.

GINGER COOKIES

Mrs. Rudolph Bartel
Monango, N. Dak.

1 egg
1/2 tsp. salt
3 tsp. ginger
1 tsp. cloves
1 c. sugar
5 c. flour

1 c. melted shortening
2 tsp. vinegar
1 c. light molasses
1 tsp. cinnamon
1 1/2 tsp. soda

GINGER COOKIES (Continued)

Cream sugar and shortening; add egg, vinegar and molasses; beat thoroughly. Sift salt, soda and spices with flour. Add to rest of the dough. Chill 1 hour. Roll to 1/8 inch thickness, and cut with cookie cutter. Sprinkle each with sugar. Bake at 375 degrees. Makes 8 dozen.

Write Extra Recipes Here:

Write Extra Recipes Here:

Write Extra Recipes Here:

DESSERTS



HOUSEHOLD HINTS

COFFEE CREAM MAY BE WHIPPED BY ADDING ONE TEASPOON OF GELATIN WHICH HAS BEEN MELTED AND ALLOWED TO COOL ALMOST TO THE SETTING STAGE.

IF FOODS BOIL OVER IN STOVE OR OVEN COVER WITH SALT TO PREVENT SMOKING AND EXCESSIVE ODOR.

BROWN SUGAR WILL NOT BECOME LUMPY IF STORED IN A GLASS JAR WITH A PIECE OF BLOTTING PAPER FITTED TO THE INSIDE OF THE LID.

HAT VEILS MAY BE IRONED BY PLACING BETWEEN SHEETS OF WAXED PAPER.

TO PREVENT MARSHMALLOWS FROM STICKING TO THE KNIFE WHEN CUTTING FIRST DIP THE KNIFE INTO BOILING WATER.

ICE TRAYS WILL NOT STICK IN THE REFRIGERATOR IF FIRST SET ON A PIECE OF WAXED PAPER IN THE FREEZING COMPARTMENT.

AN APPLE CUT IN HALF AND PLACED IN THE CAKE BOX WILL KEEP THE CAKE FRESH SEVERAL DAYS LONGER.

WHEN DRIVING A NAIL INTO PLASTER FIRST RUB IT ON A CAKE OF SOAP.

STOPPED UP SINKS MAY SOMETIMES BE UNSTOPPED BY COVERING THE OPENING WITH BAKING SODA AND THEN POURING VINEGAR OVER THE SODA.

SPOTS MAY BE CLEANED FROM HATS BY RUBBING CORN STARCH INTO THEM AND THEN BRUSHING GENTLY.

TO KEEP SMALL RUGS FROM SLIPPING ON POLISHED FLOORS SEW OLD FRUIT JAR RINGS TO EACH CORNER UNDERNEATH.

DESSERTS

DREAM BARS

Mrs. Emil Hasz

1/2 c. butter

1/2 c. brown sugar

1/2 c. sifted flour

Mix and put in pan and bake while mixing rest.

1 c. brown sugar

2 eggs, beaten slightly

1/4 tsp. salt

1 tsp. vanilla

2 rounding Tbsp. flour

1/2 tsp. baking powder

1/2 c. chopped nuts

1 1/2 c. coconut

Mix and put on baked part but be careful not to break the crust. Spread with fork or finger. Bake for 25 minutes at 350 degrees.

GRAHAM CRACKER PUDDING

Mrs. Howard C. Meidinger

1 c. graham crackers

3/4 c. sugar

1 c. chopped nuts

3 eggs

1/2 tsp. baking powder

1 tsp. vanilla

Separate the egg yolks from the whites. Beat the yolks until light - add graham crackers and sugar to the beaten egg yolks, and mix. Add chopped nuts and vanilla. Beat egg whites until stiff, fold into first mixture. Put in 8 inch greased pan for 20 minutes at 375 degrees.

LEMON PUDDING

Mrs. John Reule

1 c. whipped cream

1 can sweetened condensed Borden's milk

Add juice of 2 lemons and rind of 1 lemon.

Stir together and then pour into cake pan lined with crumbled graham cracker crumbs on bottom of pan. Pour in pudding and add more graham cracker crumbs on top of pudding. Set in a cool place and serve.

CHOCOLATE MARSHMALLOW DESSERT

Hertha Hartman

Take 20 graham crackers and roll them fine with a rolling pin. Melt 2 Tbsp. butter and mix with crackers.

CHOCOLATE MARSHMALLOW DESSERT (Continued)

Take out about 1/2 cup (save) and pat the rest in a 12 x 8 inch pan. Set in oven to heat a little, not long, then cool in refrigerator till the following is made and cooled.

Melt 1/2 c. milk with 30 Campfire marshmallows in double boiler. Cool. Then grate 2 sq. chocolate and whip 1 c. cream. Add chocolate to cream and stir in cool marshmallow mixture. Pour in graham cracker crust and sprinkle over top the 1/2 c. crackers you saved out. Set to cool at least 1 hour before serving. Cut in squares to serve.

REFRIGERATOR DESSERT

Mrs. Oscar Rutschke
Forbes, N. Dak.

Place 4 double graham crackers side by side on a cookie tin, on these put a layer of applesauce and then place a sliced layer of bananas and then place another layer of graham crackers. Repeat this 2 more times and end with a layer of graham crackers on top. Then frost the whole loaf with sweetened whipped cream and chill several hours or overnight. Slice and serve.

PLUM PUDDING

Mrs. Louie Ketterling
La Moure, N. Dak.

1 lb. prunes
2 bananas

1 small can crushed
pineapple

Cook prunes until soft, drain and cool, then cut meat from stones and add the pineapple and 2 bananas, mashed. Serve with whipped cream.

BLACK MAGIC DESSERT

Mrs. A. J. Gruneich
Monango, N. Dak.

Melt in double boiler one 6-oz. pkg. semi-sweet chocolate pieces. Add 2 tsp. water and 1 tsp. sugar. Add gradually 4 egg yolks, well beaten. Beat well. Cool. Beat 4 egg whites, add 1/4 of beaten whites to chocolate mixture. Blend well. Add remaining whites. Whip 1 cup cream, fold into chocolate mixture. Tear into bite size pieces one 10-inch angel food. Grease 9 1/2 x 5 1/4 x 2 3/4 inch loaf pan.

Fill pan by alternating layers of cake and chocolate mixture. Chill 24 hours.



CANDY

JELLY



PRESERVES



TEMPERATURE TESTS FOR CANDY MAKING

THERE ARE TWO DIFFERENT METHODS OF DETERMINING WHEN CANDY HAS BEEN COOKED TO THE PROPER CONSISTENCY. ONE IS BY USING A CANDY THERMOMETER AND THE OTHER IS BY USING THE COLD WATER TEST. THE CHART BELOW WILL PROVE USEFUL IN HELPING TO FOLLOW CANDY RECIPES:

TYPE OF CANDY	THERMOMETER	COLD WATER
FONDANT, FUDGE	234-238 DEGREES	SOFT BALL
DIVINITY, CARAMELS	245-248 DEGREES	FIRM BALL
TAFFY	265-270 DEGREES	HARD BALL
BUTTER SCOTCH	275-280 DEGREES	LIGHT CRACK
PEANUT BRITTLE	285-290 DEGREES	HARD CRACK
CARAMELIZED SUGAR	310-321 DEGREES	CARAMELIZED

IN USING THE COLD WATER TEST USE A FRESH CUPFUL OF COLD WATER FOR EACH TEST. WHEN TESTING REMOVE THE CANDY FROM THE FIRE AND POUR ABOUT 1-2 TSP. INTO THE COLD WATER. PICK THE CANDY UP IN THE FINGERS AND ROLL INTO A BALL IF POSSIBLE.

IN THE SOFT BALL TEST THE CANDY WILL ROLL INTO A SOFT BALL WHICH QUICKLY LOSES ITS SHAPE WHEN REMOVED FROM THE WATER.

IN THE FIRM BALL TEST THE CANDY WILL ROLL INTO A FIRM BUT NOT HARD BALL. IT WILL FLATTEN OUT A FEW MINUTES AFTER BEING REMOVED FROM THE WATER.

IN THE HARD BALL TEST THE CANDY WILL ROLL INTO A HARD BALL WHICH HAS LOST ALMOST ALL PLASTICITY AND WILL ROLL AROUND ON A PLATE ON REMOVAL FROM THE WATER.

IN THE TEST FOR LIGHT CRACK--CANDY WILL FORM BRITTLE THREADS WHICH WILL SOFTEN ON REMOVAL FROM THE WATER.

HARD CRACK CANDY WILL FORM BRITTLE THREADS IN THE WATER WHICH WILL REMAIN BRITTLE AFTER BEING REMOVED FROM THE WATER.

IN CARAMELIZING THE SUGAR FIRST MELTS THEN BECOMES A GOLDEN BROWN. WILL FORM A HARD BRITTLE BALL IN COLD WATER.

CANDY, JELLY, PRESERVES

CARAMELED APPLES

Mrs. Wilfred Richter

1 c. sugar (white or brown)
1/2 c. corn syrup

1 4-oz. can condensed
milk
1 tsp. vanilla

Put in a saucepan and cook slowly, stirring gently and constantly until mixture forms a soft ball. Dip apples in mixture. 8 or 9 apples.

DATE ROLL CANDY

Mrs. Jacob Stelzer

2 c. white sugar
1 c. milk

1 c. chopped dates
1 c. chopped nuts

Mix sugar and milk and cook until it forms a soft ball, add dates and cook 5 minutes. Remove from fire and add nut meats. Stir until cold enough to handle. Roll in powdered sugar towel. Slice as needed.

FUDGE

Miss Helen Gruneich
Monango, N. Dak.

1 large Hershey bar
1 bag chocolate chips
1 c. marshmallow creme

1 c. chopped nuts

Boil the following for 5 1/2 minutes.

1/2 c. butter
4 1/2 c. sugar

1 can Carnation milk

Pour over above mixture. Stir until blended. Put in buttered pan. Makes 5 pounds.

RHUBARB JAM

Mrs. August Roehl

7 c. rhubarb

4 c. sugar

Boil these ingredients 15 minutes and add 1 pkg. of strawberry jello.

PATRONIZE MERCHANTS ADVERTISED IN THIS BOOK

Write Extra Recipes Here:

Mrs. Wilfred Blum

CARAMELLED APPLES

1 1/2 c. corn syrup
1 c. sugar (white or brown)
1 1/2 c. milk
1 1/2 c. vanilla

Put in a saucepan and cook slowly, stirring gently and constantly until mixture forms a soft ball. Dip apples in mixture. 8 or 9 apples.

Mrs. Jacob Steiner

DATE ROLL CANDY

1 c. white sugar
1 c. milk
1 c. chopped dates
1 c. chopped nuts

Mix sugar and milk and cook until it forms a soft ball. Add dates and cook 5 minutes. Remove from fire and add nuts. Stir until cold enough to handle. Roll in powdered sugar towel. Slices needed.

Miss Helen Grunwald
Monsiege, N. Dak.

RUDGE

1 large Hershey bar
1 bag chocolate chips
1 c. marshmallow cream
1 c. chopped nuts

Boil the following for 5 1/2 minutes.

1 1/2 c. butter
1 1/2 c. sugar
1 can Carnation milk

Pour over above mixture. Stir until blended. Put in buttered pan. Makes 2 pounds.

Mrs. August Roehl

RHUBARB JAM

4 c. sugar

1 c. rhubarb

Boil these ingredients 15 minutes and add 1 pkg. of strawberry jello.

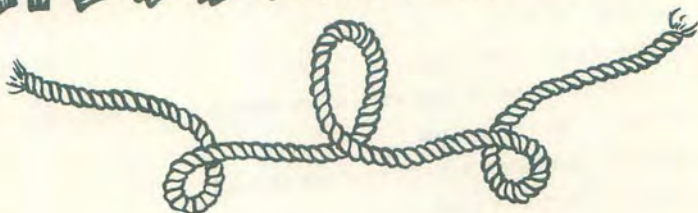
PAVONINE MERCHANTS ADVERTISED IN THIS BOOK

BEVERAGES

and



MISCELLANEOUS



QUANTITY SERVING FOR FIFTY

JUICE FOR COCKTAIL - 6 1-2 QUARTS.

LEMONS FOR LEMONADE - 6 DOZEN.

PEAS, NO. 2 1-2 CAN - 10 TO 12.

POTATOES (WHITE) CREAMED - 16 LBS. BUTTERED WHOLE, 20 LBS.

AU GRATIN - 15 LBS. WITH 4 C. MEDIUM SAUCE, 1 LB. CHEESE.

POTATO SALAD - 12 LBS., 2 BUNCHES CELERY, 2 DOZEN EGGS,
4 GREEN PEPPERS, MAYONNAISE AND SEASONING TO TASTE.

POTATOES (SWEET) SOUFFLE - 16 LBS. CANDIED, 18 TO 20 LBS.

CABBAGE SALAD, SLAW - 8 LBS., 2 BUNCHES CARROTS, 1 BUNCH
CELERY, DRESSING.

CABBAGE-APPLE SALAD - 1-2 DOZ. APPLES, 6 LBS. CABBAGE, 2
BOXES RAISINS, NUTS.

RICE - 3 LBS. GRITS - 2 1-2 LBS.

FRESH TOMATOES - 10 LBS.

ROLLS - 15 DOZEN OR 6 YEAST CAKES MADE INTO ROLLS.

BEEF ROAST - 18 TO 20 LBS.

MEAT CAKES, GROUND MEAT - 16 TO 18 LBS.

MEAT LOAF - 12 TO 15 LBS.

FRESH HAM - 20 TO 25 LBS. TENDERIZED, 17 TO 20 LBS.

SAUSAGE - 16 LBS.

CHICKEN (DRESSED) CREAMED - 15 TO 18 LBS. BAKED, 25 TO 30
LBS.

TURKEY (DRESSED AND DRAWN) - 22 TO 25 LBS.

CHICKEN STEW - 4 HENS, WEIGHING 5 LBS. OR MORE.

BRUNSWICK STEW - 14 LBS. BEEF, 3 LBS. LEAN PORK, 1 FOWL, 7
CANS TOMATOES, 4 CANS CORN.

ICE CREAM - 2 GALLONS OF BULK CREAM

COFFEE - 1 LB.



BEVERAGES AND MISCELLANEOUS

HOME MADE CAKE FLOUR

Marion Bartel
Monango, N. Dak.

1 c. cornstarch
4 c. flour - Sift 5 or 6 times.

NO BAKE CHEESE CAKE

Mrs. Ralph Vix

2 env. unflavored gelatin	2 eggs, separated
1 c. sugar	1 can (6 oz.) frozen
1/4 tsp. salt	concentrated orange
	juice, thawed
3 c. creamed cottage cheese, sieved	
1 c. heavy cream, whipped	
2 Tbsp. melted butter	1/2 c. graham cracker
	crumbs

Mix together 3/4 c. sugar and salt in top of the double boiler, beat together egg yolks and orange juice, add to gelatin mixture. Cook about 10 minutes. Cool; stir in cottage cheese and chill. Beat egg whites until stiff, add 1/4 c. sugar. Add to gelatin mixture. Whip cream and fold in to mixture and put into 8 inch pan. Combine cracker crumbs and butter, sprinkle over cake. Chill until firm. May be made a day in advance as the flavor will become more mellow. Serves 10.

EGG DUMPLINGS

Mrs. Albert Gruneich
Forbes, N. Dak.

1 1/2 c. flour	
1 tsp. salt	1 egg
1 tsp. baking powder	1/2 c. milk

Mix well and drop by spoon on stewed meat and potatoes.

CREAMED EGGS

Mrs. Albert Brandenburger

3 Tbsp. butter

Slice 1 onion and brown in butter. Add 1 c. sweet or sour cream.

Bring to boil and add salt and pepper and put 6 eggs in a dish and put into cream. Do not break yolk. Put cover on a few minutes. Just like poached eggs.

Very good on toast.

RHUBARB JUICE

Mrs. George Deobber
Alexandria, Minn.

To one canner of rhubarb, cut up (not peeled) add enough water to cover. Boil soft, and strain. To one quart of juice add 1/2 c. sugar (more may be added). Boil for a few minutes. To this amount add a #2 can of pineapple juice and boil good a few minutes, and seal.

CHEESE WITH BACON

Mrs. Howard Meidinger

2 Tbsp. butter	1 tsp. salt
1 tsp. mustard	1/4 tsp. paprika
1/2 lb. American cheese	1 1/2 c. milk
2 eggs	4 slices bread
	4 slices bacon

Cream butter, mix with mustard, spreading on bread. Cut each slice of bread into 4 pieces. Place bread, butter side up, in baking dish. Cut cheese into bits or grate and sprinkle over bread. Beat the eggs, add seasoning and milk. Pour over the bread and cheese. Cut bacon strips in halves and place on top of cheese mixture. Place baking dish in a pan containing an inch of water and at 375 degrees heat for 30 minutes. You may place the dish in broiler to brown the bacon.

CHEESE STICKS

Marlene Jo Ann Schnaidt
Aberdeen, S. Dak.

3 c. flour	
2 tsp. baking powder	
1/2 tsp. salt	1 lb. cottage cheese
2 eggs	1/2 tsp. sugar

Mix with milk for soft dough easy to work with and make in 3-inch long sticks. Bake in hot fat like doughnuts.

RED-RIBBON CHEESE CASSEROLE

Mrs. Gideon Eberhart

2 7-oz. pkgs. elbow macaroni
3/4 c. milk
1 10 1/2 or 11 oz. can condensed cream of chicken soup
1 10 1/2 or 11 oz. can condensed tomato soup
12 thin slices process American cheese
6 tomato slices
1 c. soft bread crumbs, buttered

Cook macaroni in boiling, salted water (1 1/2 tsp. salt per quart of water) until tender. Drain.

RED-RIBBON CHEESE CASSEROLE (Continued)

Combine milk and soups. Heat. Mix with macaroni. Place in greased baking dish. Alternate slices of cheese and tomato in a strip down the center. Top sides with the rest of the cheese, then sprinkle sides with the buttered crumbs. Bake in moderate oven, 350 degrees, about 25 minutes. Makes 12 or more servings.

Write Extra Recipes Here:

1c sugar

1c flour

2tsp baking powder

1/2tsp salt

Mocha angel-food -

sift 3 times

1cup hot milk (scalded) pour

2egg whites

over above

flavoring.

bake 30 min at 375° (no grease on tin)

Angel food

1c egg whites

1tbsp water added

Beat until stiff

1 1/2c Sugar

1cup cake flour after sifted

1tbsp cream tartar added to eggs

when beating

1/2tsp salt + flavor

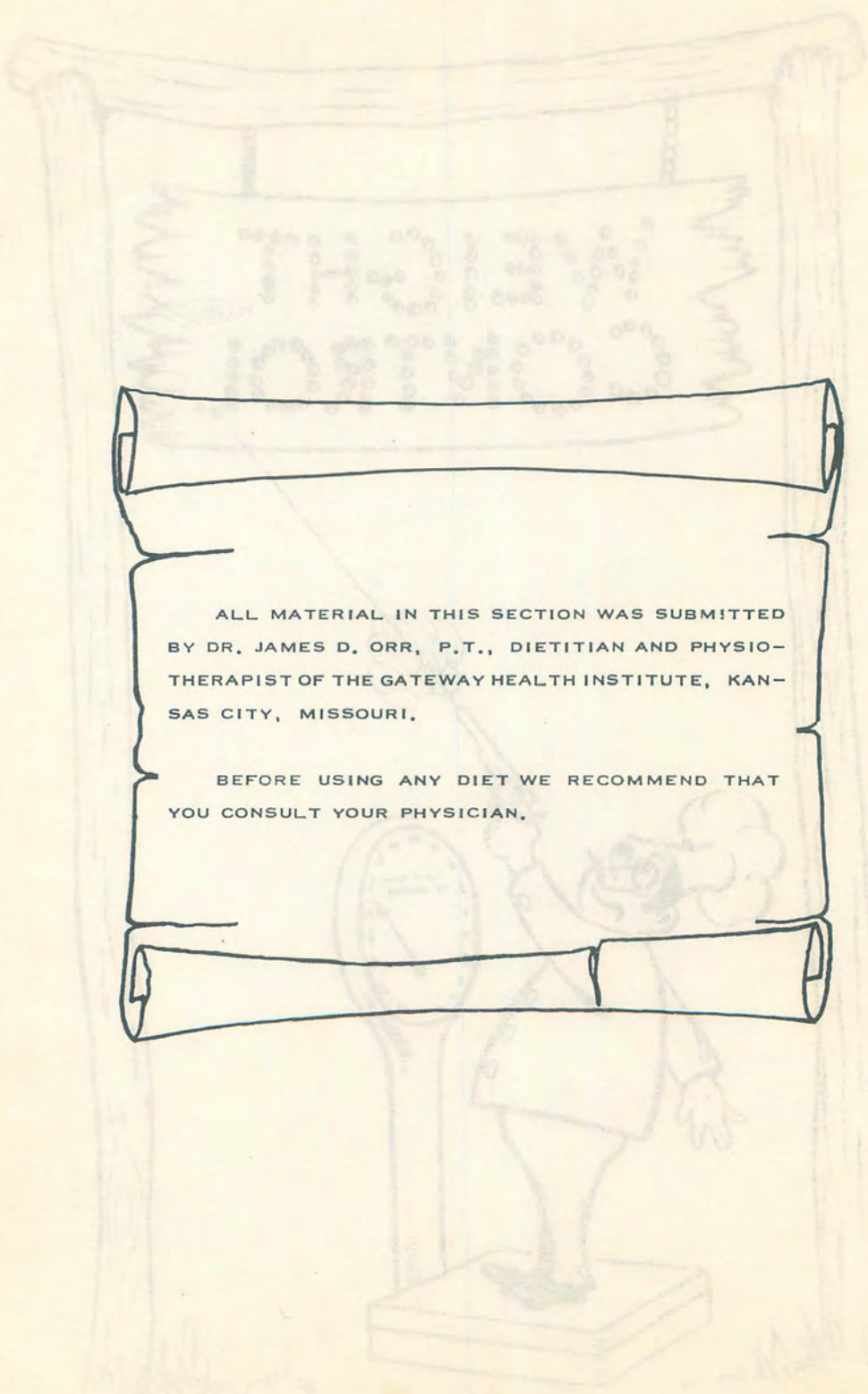
Add 1/2c sugar to flour and sift

3 times - sift sugar also

sugar can be beaten in slow speed

Write Extra Recipes Here:





ALL MATERIAL IN THIS SECTION WAS SUBMITTED
BY DR. JAMES D. ORR, P.T., DIETITIAN AND PHYSIO-
THERAPIST OF THE GATEWAY HEALTH INSTITUTE, KAN-
SAS CITY, MISSOURI.

BEFORE USING ANY DIET WE RECOMMEND THAT
YOU CONSULT YOUR PHYSICIAN.

EIGHTEEN DAY REDUCING DIET

BREAKFAST: In this diet the same breakfast is used every day and consists of: 1/2 Grapefruit
Melba Toast, Coffee

NOTE: Melba toast is dry bread toasted without butter.

LUNCH

DINNER

FIRST DAY:

1/2 Grapefruit
1 Egg
6 Slices Cucumber
1 Slice Melba Toast
Tea or Coffee

2 Eggs
1 Tomato
1/2 Head Lettuce
1/2 Grapefruit
Coffee

SECOND DAY:

1 Orange
1 Egg
1 Slice Melba Toast
1/2 Head Lettuce
Tea

1 Small Broiled Steak,
PLAIN
1/2 Head Lettuce
1 Tomato
1/2 Grapefruit
Tea or Coffee

THIRD DAY:

1/2 Grapefruit
1 Egg
8 Slices Cucumber
Tea or Coffee

1 Lamb Chop Lean, PLAIN
1 Egg
3 Radishes
1/2 Grapefruit
Tea or Coffee

FOURTH DAY:

1 Tomato
1/2 Grapefruit
1 Slice Melba Toast
Cottage Cheese
Tea

1/2 Grapefruit
Water Cress
1 Small Broiled Steak,
PLAIN
Coffee

EIGHTEEN DAY REDUCING DIET

LUNCH

DINNER

FIFTH DAY:

1 Orange
1 Lamb Chop Lean, PLAIN
1/2 Head Lettuce
Tea

1/2 Grapefruit
1 Tomato
2 Eggs
1/2 Head Lettuce
Tea

SIXTH DAY:

1 Egg
1 Orange
Tea

1 Poached Egg
1 Slice Melba Toast
1 Orange
Tea

SEVENTH DAY:

1/2 Grapefruit
1 Egg
1/2 Head Lettuce
1 Tomato
2 Olives

1 Lamb Chop
6 Slices Cucumber
2 Olives
1 Tomato
Tea or Coffee

EIGHTH DAY:

1 Broiled Lamb Chop,
LEAN
1/2 Head Lettuce
1/2 Grapefruit
Coffee

1 Egg
1 Serving Spinach, PLAIN
1/2 Grapefruit
1 Slice Melba Toast
Tea

NINTH DAY:

1 Egg
1 Tomato
1/2 Grapefruit
Tea

Any Meat Salad

TENTH DAY:

1/2 Grapefruit
1 Lamb Chop Plain
1/2 Head Lettuce
Tea

1/2 Grapefruit
1 Lamb Chop PLAIN
1/2 Head Lettuce
Tea

ELEVENTH DAY:

1 Slice Cinnamon Toast	1 Small Broiled Steak,
Tea	PLAIN
	1 Stalk Celery
	1 Tomato
	2 Olives
	Tea

TWELFTH DAY:

1/2 Lobster	1 Broiled Steak, PLAIN
2 Crackers	Cole Slaw
1/2 Grapefruit	1 Tomato
Tea	1 Orange

THIRTEENTH DAY:

1 Egg	1/2 Grapefruit
1 Slice Melba Toast	1 Small Broiled Steak
1/2 Grapefruit	1/2 Head Lettuce
	1 Stalk Celery
	Coffee

FOURTEENTH DAY:

1 Egg	1 Lamb Chop, PLAIN
1 Tomato	1/2 Tablespoonful Catsup
1/2 Grapefruit	1 Slice Melba Toast
1 Slice Melba Toast	1/2 Grapefruit

FIFTEENTH DAY:

1 Egg	1 Small Broiled Steak,
1 Slice Melba Toast	PLAIN
1/2 Grapefruit	1 Small Portion Spinach,
Coffee	PLAIN
	1 Orange
	Tea

SIXTEENTH DAY:

1 Egg	1 Small White Fish,
1 Tomato	Broiled
1/2 Grapefruit	1 Small Portion Spinach,
Coffee	PLAIN
	1 Orange
	Tea

SEVENTEENTH DAY:

1 Lamb Chop, PLAIN	1 Small Broiled Steak,
1/2 Head Lettuce	PLAIN
1/2 Grapefruit	1 Tomato
Tea	1 Stalk Celery
	Coffee

EIGHTEENTH DAY:

1 Chicken Leg Broiled	1/2 Can Pink Salmon
1 Tomato	1 Serving Spinach, PLAIN
1/2 Grapefruit	1/2 Grapefruit
1 Glass Lemonade	Coffee
NO SUGAR	

NOTE: You may substitute fish or the white meat of chicken any time for the lamb.

If you have not lost the desired weight you will repeat until you have lost the weight you wish.

This diet takes the weight off slowly, but you do not become flabby.

Oranges may be substituted for grapefruit.

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

FOR THE BENEFIT OF THOSE WHO ARE UNABLE TO EAT AT HOME

MONDAY

BREAKFAST	Calories
Orange Juice.....	90
1 Slice Buttered Toast.....	75
Tea or Coffee, Black	

LUNCH	
Ham Sandwich with Lettuce.....	200
Ice Cream.....	200
Tea or Coffee, Black	

DINNER	
Vegetable Soup.....	80
Hamburger on a bun.....	200
Ice Cream.....	200
Tea or Coffee, Black	

Total.....1,045

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

TUESDAY

BREAKFAST	Calories
1/2 Grapefruit.....	75
1 Sweet Roll.....	125
Tea or Coffee, Black	

LUNCH

Tomato Soup.....	100
1 Bran Muffin.....	85
Ice Cream.....	200
Tea or Coffee, Black	

DINNER

Chicken Soup.....	70
Egg and Lettuce Salad, Russian Dressing.....	100
1 Slice Buttered Toast.....	75
Ice Cream.....	200
Tea or Coffee, Black	

Total.....1,030

WEDNESDAY

BREAKFAST	Calories
Grapefruit Juice.....	70
1 Bran Muffin.....	85
Tea or Coffee, Black	

LUNCH

Chicken Sandwich.....	170
Ice Cream.....	200
Tea or Coffee, Black	

DINNER

Tomato Juice.....	50
Sirloin Steak--3 in. square.....	200
Baked Potato.....	100
1 Pat of Butter.....	100
Ice Cream.....	200
Tea or Coffee, Black.	

Total.....1,175

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

THURSDAY

BREAKFAST	Calories
Orange Juice.....	90
1 Slice Buttered Toast.....	75
Tea or Coffee, Black	

LUNCH

Egg Salad Sandwich with Russian Dressing.....	160
Ice Cream.....	200
Tea or Coffee, Black	

DINNER

Tomato Juice.....	50
Hamburger on a bun.....	200
Vegetable.....	50
Ice Cream.....	200
Tea or Coffee, Black	
Total.....	1,025

FRIDAY

BREAKFAST	Calories
1/2 Grapefruit.....	75
1 Slice Buttered Toast.....	75
Tea or Coffee, Black	

LUNCH

Salmon Salad Sandwich.....	200
Ice Cream.....	200
Tea or Coffee, Black	

DINNER

Tomato Juice.....	50
2 Scrambled Eggs.....	160
1 Slice Buttered Toast.....	75
Ice Cream.....	200
Tea or Coffee, Black	
Total.....	1,035

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

SATURDAY

BREAKFAST	Calories
Orange Juice.....	90
1 Bran Muffin.....	85
Tea or Coffee, Black	

LUNCH

Bacon and Tomato Sandwich.....	225
Ice Cream.....	200
Tea or Coffee, Black	

DINNER

Vegetable Soup.....	80
Frankfurter on bun.....	200
Cole Slaw.....	75
Ice Cream.....	200
Tea or Coffee, Black	

Total.....1,155

SUNDAY

BREAKFAST	Calories
1/2 Grapefruit.....	75
1 Sweet Roll.....	125
Tea or Coffee, Black	

LUNCH

1 Boiled Egg.....	70
1 Slice Buttered Toast.....	75
Ice Cream.....	200
Tea or Coffee, Black	

DINNER

Fruit Cocktail.....	125
Chicken, 1 Slice White.....	65
Gravy.....	40
Peas.....	65
Mashed Potatoes.....	120
Ice Cream.....	200
Tea or Coffee, Black	

Total.....1,160

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

NOTE: Instead of having butter or rich mayonnaise spread on a sandwich, you may order ketchup, mustard or pickle relish, all of which have practically no caloric value. Russian dressing is mayonnaise combined with chili sauce to an extent which is less fattening. No sugar to be used in any beverage.

BODY BUILDING AND WEIGHT GAINING DIET

FOR THOSE UNDERWEIGHT OR SUFFERING FROM MALNUTRITION

GENERAL INSTRUCTIONS

Avoid sweet foods such as fruit cocktails, sweet salads, or sweetened fruit juice at the beginning of the meal, since they blunt the appetite. These foods should preferably be given at the end of the meal.

Highly spiced foods and extremely fatty foods are not recommended in the beginning.

The caloric intake of the diet should be increased by midmorning, midafternoon or bedtime lunches of fruit juices, milk or milk drinks and crackers.

Portions should be made fairly large.

Instead of ordinary cane sugar, lactose should be used, since a much larger quantity of this substance can be used in a dish as a sweetening. Honey may be substituted.

Rest periods are desirable after meals. Avoid all emotional disturbances during meals and take at least some outdoor exercise daily.

Light tea and coffee are permissible.

BODY BUILDING AND WEIGHT GAINING

The diet should contain at least the following dietary essentials:

At least one pint of milk, preferably more. This milk may be given as a drink, or may be used in junket or chocolate pudding.

At least two servings of vegetables, one of which shall be a raw leafy vegetable. One serving of rice, noodles, macaroni or potatoes is to be included every day.

One serving of meat or two eggs per day, preferably both.

Fruit: Two servings of fresh fruit per day.

Breads and cereals.

At least four slices of whole wheat bread, and one serving of whole wheat cereal should be used every day.

Desserts, preferably those made with milk, junket, and chocolate pudding should be included twice every day.

In addition it is wise to include several multi-vitamin capsules per day, even though the diet is sound according to the "vitamineral yardstick."

ATTEND CHURCH EVERY SUNDAY

HIGH CALORIE DIET

NOTE: In the following High Calorie Diet all foods must be eaten whether you have an appetite or not.

HIGH CALORIE DIET

BREAKFAST

- Fruit:** Choice of the following:
One half grapefruit, one sliced orange,
one medium sliced peach, baked apple,
three stewed figs, or four to six stewed
prunes.
- Cereal:** One cup of farina type cereal, with cream
and sugar, or oatmeal or whole wheat
cereal or one shredded wheat biscuit
with cream and sugar. White or whole
wheat toast with butter or jam.
- Egg:** Soft boiled, poached, or scrambled egg.
- Beverage:** Light tea or coffee, cocoa, milk or
chocolate.
- 10:30 A.M. Egg nog, malted milk, hot chocolate, or
cocoa.

LUNCH

- Soup:** Choice of: One cup cream of spinach soup,
asparagus soup, or tomato soup.
- Salad:** Choice of: One serving of combination
salad, one serving of mixed vegetable
salad, or salmon salad. To this should
be added one tablespoonful of butter,
and one tablespoonful of mayonnaise.
- Bread:** White or whole wheat toast, melba toast,
bran or whole wheat muffin.
- Dessert:** Choice of: Chocolate pudding, bread
pudding, tapioca pudding, or any flavor
of gelatine. Raw fruit is especially
good.
- Beverage:** Light tea or coffee, cocoa, milk or cho-
colate.
- 3:00 P.M. Milk, (hot or cold), cocoa, malted milk.

HIGH CALORIE DIET

DINNER

- Meat:** Choice of: Generous serving of baked chicken, two lamb chops, or medium serving of roast beef or beef tongue, medium serving of roast lamb or steak.
- Vegetables:** Choice of the following combinations: One cup of carrots and two brown potatoes. Two medium boiled potatoes, and one cup of squash. One cup mashed potatoes & one half cup cauliflower. One large baked potato and one half cup broccoli.
- Salad:** Choice of the following: One serving of lettuce and tomato salad. One serving of watercress and egg salad. One serving of grapefruit salad. The above salads should be taken with mayonnaise.
- Beverage:** Light tea or coffee, cocoa, malted milk.
- Dessert:** Choice of the following: Fruit cup, chocolate pudding, prunewhip, custard, junket or gelatine dessert, or a piece of plain cake. Raw fruit is especially good.
-

DON'T FORGET

TO BUY EXTRA COOK BOOKS FOR

CHRISTMAS, BIRTHDAY AND WEDDING GIFTS.

WEIGHT CHART

WOMEN

Weight in Pounds.

(With Regular Clothes)

HEIGHT

20-24	25-29	30 and over	(with shoes on)
113	116	119	4' 11"
115	118	121	5' 0"
117	120	123	5' 1"
120	122	125	5' 2"
123	125	128	5' 3"
126	129	132	5' 4"
129	132	136	5' 5"
133	136	140	5' 6"
137	140	144	5' 7"
141	144	148	5' 8"
145	148	152	5' 9"
149	152	155	5' 10"
153	155	158	5' 11"
157	159	162	6' 0"
...	6' 1"

MEN

Weight in Pounds.

(With Regular Clothes)

HEIGHT

20-24	25-29	30 and over	(with shoes on)
...	4' 11"
119	124	127	5' 0"
121	126	129	5' 1"
124	128	131	5' 2"
127	131	134	5' 3"
131	134	137	5' 4"
135	138	141	5' 5"
139	142	145	5' 6"
142	146	149	5' 7"
146	150	154	5' 8"
150	154	158	5' 9"
154	158	163	5' 10"
158	163	168	5' 11"
163	169	174	6' 0"
168	175	180	6' 1"

CALORIC CHART

NOTE: Unless amount of food is otherwise specified the measurement is for a standard plate serving.

FOODS	CALORIES
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BEVERAGES

Cocoa, 1 cup.....	160
Coffee.....	0
Buttermilk, 1 cup.....	85
Milk, sweet, whole, 1 cup.....	165
Tea.....	0

BREAD

Biscuits, baking powder, 2.....	100
Bran muffins, 2.....	100
Corn bread.....	200
Cracked wheat bread, 1 slice.....	55
Rye Bread, 1 slice.....	75
White Bread, 1 slice.....	60

DESSERTS

Angel food cake.....	150
Apple pie.....	200
Baked custard, 1.....	125
Bread pudding.....	200
Chocolate cake.....	400
Gingerbread.....	200
Ice cream, vanilla.....	215
Strawberry shortcake...	300

FISH

Fried.....	210
Boiled or steamed.....	100 - 185
Oysters, half-fry (6).....	80
Salmon, canned.....	110
Tuna, canned.....	125

MEAT

Bacon, 3 strips, regular fry.....	175
Beef, roast, lean.....	100
Beef, roast, fat.....	340
Frankfurter, 1.....	150

CALORIC CHART

Ham, smoked, medium fat.....	400
Liver.....	120
Pork chop, 1.....	200
Spareribs.....	330

MISCELLANEOUS

Butter, 1 pat.....	110
Jelly, 1 tablespoon.....	445
Jam, 1 tablespoon.....	60
Macaroni and cheese.....	160
Omelet, 1 egg.....	130
Spaghetti and meat sauce.....	290
Spanish rice.....	155
Sugar, 1 teaspoon.....	20
Whipped cream, 1 level tablespoon.....	35

VEGETABLES

Asparagus.....	15
Beans, green.....	35
Beans, Limas.....	130
Beets.....	45
Carrots.....	45
Cauliflower.....	30
Corn.....	100
Peas, canned.....	65
Peas, green.....	100
Potato, sweet, 1.....	200
Potato, baked, 1.....	100
Potatoes, creamed.....	100
Potatoes, fried.....	100
Spinach.....	20
Tomato, 1.....	25
Turnips.....	35

THIS COOK BOOK MAKES A PERFECT

GIFT FOR ALL OCCASIONS.

GET A SUPPLY NOW.

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